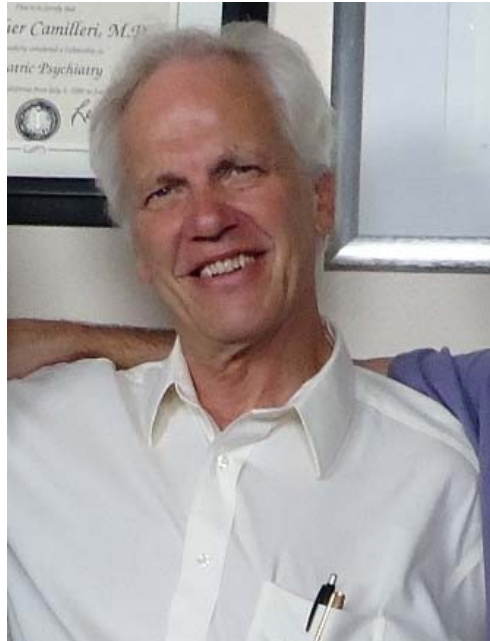


**JANUARY 26 FYMP-LACDMH RADIO SHOW FEATURES ECPR'S  
DAN FISHER**



Los Angeles County Department of Mental Health (LACDMH) kicks off 2013 with the resurrection of our weekly radio show highlighting discussion of mental health issues. Tune in for the weekly **"Free Your Mind Projects Radio Show"** this Saturday, January 26, 2013, on the CBS radio station **KFWB-AM (980AM)** from **2:00-3:00 P.M.** LACDMH is a proud sponsor of this unique radio show.

Whether you're in your car or at home, tune in and listen to the hour-long program designed to promote awareness and education on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting the local Los Angeles segment, featuring news and topics related to LACDMH. She will be joined by Dan Fisher, MD, Ph.D. Dr. Fisher co-founded Emotional CPR (eCPR) and is lead trainer through the National Coalition for Mental Health Recovery. Emotional CPR is an educational program designed to teach anyone how to help someone through an emotional crisis by the use of three simple steps (C = Connecting, P = emPowering and R = Revitalizing).

On this week's show, Dr. Fisher will not only discuss eCPR, but will share his own personal story of recovery which inspired him to help others. Dr. Fisher is a board-certified psychiatrist and was a co-founder of the National Empowerment Center, serving as its Executive Director since 1992. He testified on gun violence and mental health last week in Washington, D.C. in front of Vice-President Joe Biden, Health and Human Services Director Kathleen Sebelius and Attorney General Eric Holder, suggesting a national discussion on the issues and speaking on the benefits of eCPR.

Dr. Fisher developed eCPR in response to his own lived experience of being diagnosed with schizophrenia. He discovered effective help could result through

laymen by simply relating to others as a human being; through eCPR, one can learn how to form supportive connections that empower a person in emotional crisis so they are able to feel revitalized and quickly resume a role in their community.

As a Ph.D., Dr. Fisher was studying chemical effects in the brain, specifically asking if chemicals were responsible for emotions. Dr. Fisher's first psychotic break resulted from him feeling as though he had become one of these chemicals affecting his own body. This led Dr. Fisher to become a psychiatrist to understand his own condition and to better help others.

Three weeks after hurricane Katrina hit New Orleans, Dr. Fisher and a team of his peers visited the ravaged area to help those who had been traumatized. In working with 50 locals, he found that the non-clinical techniques he'd developed, specifically connecting, empowering and revitalizing others, were extremely helpful in mitigating crisis.

Broadcasting every Saturday, the weekly "Free Your Mind Projects Radio Show" provides information about various mental health topics and related issues of the day. If you miss the broadcast, you can catch the podcast on the Free Your Mind Projects website, [www.freeyourmindprojects.com](http://www.freeyourmindprojects.com).

The "Free Your Mind Projects Radio Show" is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at [pio@dmh.lacounty.gov](mailto:pio@dmh.lacounty.gov).

